

LESSONS LEARNED 2 ND QUARTER 2004

OFFICER TRAINING
COMMAND PENSACOLA

LESSONS LEARNED

2 ND QUARTER 2004

- Proper stretching at the beginning of a PT Session is vital in the reduction of injuries.
- Candidates are not always aware of their surroundings. Staff must be conscious of possible hazards such as ant beds, pot holes, uneven surfaces etc.

LESSONS LEARNED

2 ND QUARTER 2004

- To reduce the potential for injury/illness, staff shall ensure candidates wear the proper personnel protection equipment. For example, road guard vests and gloves.
- Be aware of the environment stresses placed on the candidates and take appropriate action to prevent them from becoming victims.

LESSONS LEARNED

2 ND QUARTER 2004

- Heat stroke can happen at any temperature and any time of the year.
- Candidates will cover up their injuries/illness and not go to sick call. (Fear of rolling). Staff must be on the look out for candidates who are limping or showing signs of illness or injury.

LESSONS LEARNED

2 ND QUARTER 2004

- To reduce the probability of injury from vehicle accidents and mechanical failure, ensure OCS candidates properly check the vans properly at the beginning of each day.
- Ensure all devices are in good shape. Hazards such as nails heads protruding, vines in running path wood rotting or nonskid missing, can be harmful to candidates.

LESSONS LEARNED

2 ND QUARTER 2004

- To reduce the possible of injuries, staff will thoroughly brief all students on possible device hazards before the starting any moderate risk evolution.
- Ensure that the obstacles have the proper sand or gravel allotment so that the candidates will have no jump higher than 4 feet.

LESSONS LEARNED

2 ND QUARTER 2004

- Candidates will attempt to take short cuts which will lead to injuries. An example of this is the candidate who stored the charcoal lighter fluid in his locker, to save time the next day.
- Ensure candidates handle rifles and swords properly to avoid injuries.

LESSONS LEARNED

2 ND QUARTER 2004

- To avoid a more serious injuries, staff will ensure all proper First Aid and Safety Equipment is available during all Moderate Risk Training.